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The Home

HOUSEHOLD HINTS.

To know good meat: Let us imagine ourselves before a butcher's block having on it four pieces of beef presenting faces from the round of sirloin. One is dull red, the lean being close-grained, and the fat very white; the next is dark red, the lean loose-grained and sinewy, and the fat white shining; the third is dull red, the lean loose-grained and sinewy, and the fat yellow; the fourth is bright cherry-eyed, the lean smooth and medium-grained, with flecks of white through it, and the fat creamy—neither white nor yellow. The first of these is cow-beef; the second, bull-beef; the third, beef from an old or ill-conditioned animal, and the last ox-beef. Ox-beef—that from a steer—is the juiciest, finest flavored, sweetest and most economical to buy of all beef. It is called "prime" when the lean is very much mottled with the white fat-flecks, and when it is from a very young animal (about four years old), stall-fed on corn. Beef from a young cow which has been well fed and fattened is next in merit to ox-beef. Beef from an unmatured animal is never satisfactory, being tough and juiceless. It may be easily recognized, as its color is pale and its bones small.—Ella Morris Ketchmar, in Woman's Home Companion.

CAKE MAKING.

One must have everything in readiness, the beater must be used unsparingly, the oven must be heated exactly right, the oven door must be opened with care and shut so that not a single jar will cause the cake to fall. To test the cake to see if it is done, press upon it with the finger, and if it follows the finger back it is finished. Another test is to listen to the singing of the cake.—Ex.

MARGUERITES.

Marguerites are just the thing to serve at a luncheon. Boil one cup of sugar and one-half cup of water until it threads. Remove to the back of range and drop in five marshmallows cut in pieces. Let stand a few seconds, then pour onto the whites of two eggs beaten stiff. Add two tablespoonfuls shredded cocoanut and a quarter teaspoon vanilla. When partially cool add one cup of English walnut meats. Spread on saltins and brown slightly in hot oven.—Ex.

ENGLISH WAFERS.

Mix thoroughly one pound of flour with half a pound of butter and one cup of sugar; then add one tablespoon ginger and just enough molasses to hold ingredients together. Let stand in a cold place twenty-four hours. Roll as thinly as possible, bake in a moderate oven, and as soon as taken from sheet put on edge of platter to cool.—Ex.

BEST FERTILIZER FOR FLOWER GARDENS

The best fertilizer for the flower garden is old, well-rotted manure from the cow-yard. But those living in the city cannot obtain this. A good substitute for it is fine bonemeal. Use it in the proportion of half a pound to a square yard. Scatter it over the soil after you have spaded and pulverized it, and work it well with a rake.—April Ladies' Home Journal.

To keep lettuce crisp over a day or longer, if necessary, follow this plan: Half fill a shallow basin with clean water, and set the lettuces, stem down, in this, putting them sufficiently apart so that they cannot touch each other. No more water than just enough to cover the stems should be used. Change the water daily.

THE CASE OF THE NERVES.

Schule, writing on mental diseases, asks, "Is our civilization to blame for this neurotic condition?" and the answer is in the affirmative. How can nutrition pro-

per in the body where malnutrition holds full sway?" asks Dr. Julia-Holmes Smith in the May Pilgrim. And how can people be happy and healthy when worry dominates their lives? For in this human being the lower officers of the nervous hierarchy draw their very breath at the bidding of the higher powers, and the relation is verily reciprocal, for to keep the brain healthy the unconscious nervous functions must be kept in good shape, proper activities alternating with wisely arranged periods of repose. Just as soon as one notices the approach of nervous irritability, systematic nerve rest will shorten an attack, and by rest, I mean to have the patient go to bed and have massage. The amount of exercise undergone in a good scientific massage is equal to a walk of two or three miles a day, and it goes without saying that such passive exercise should increase the appetite and the food ingested and enjoyed will be well digested and assimilated. I use the word "enjoy" deliberately because there are some nervous invalids who cannot enjoy their food unless in solitude. In addition to the massage I would recommend salt rubs, which are very easy to give. Have a saturated solution of common table salt. Rub the body briskly, especially from the spine outwards towards the sides of the body, and as soon as the skin is reddened, wash off with moderately cool water and the chances are all in favor of restful condition. In case persons suffer from cold feet at night, I would advise the bathing of the feet in cold water before going to bed, and having a hot water bag always at hand.

Lettuce, celery, spinach onions, are all vegetables, especially valuable to a person of nervous temperament, and milk hot or cold is invaluable.—Ex.

CHOCOLATE CAKE AND FROSTING.

Cream a half cup of butter, add gradually one cup of sugar, yolks of two eggs, then whites of two eggs beaten stiff. Add one-half cup of milk, one and one-half cup of flour mixed and sifted with two and one-half teaspoons baking powder, and beat thoroughly. Add two ounces of chocolate and one-half teaspoon of vanilla. Bake in a shallow cake-pan thirty-five to forty minutes. Cool slightly, cover with toasted marshmallows placed closely together, and pour over chocolate frosting. For this frosting put two squares of chocolate, one cup of sugar and one-half cup of water in a saucepan. Cook on back of range until a soft ball may be formed. Set saucepan in cold water to stop boiling, then beat until creamy.—Ex.

BABY'S BIRTHRIGHT

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Health is the birthright of all little ones. It is a mother's duty to see that her baby enjoys it. Mother's greatest aid in guarding children's health is Baby's Own Tablets—a medicine which can be given with perfect safety to the youngest baby. Among the many mothers who have proved the value of this medicine is Mrs. J. W. Booth, Bar River, Ont. She says:—"My baby suffered greatly from sore mouth and bad stomach. Several doctors prescribed for her, but nothing seemed to benefit her in the least till I began giving her Baby's Own Tablets, and then in a short time my little one was fully restored to health. I would not be without the Tablets in the house and would advise all mothers to use them when their children are ailing."

Baby's Own Tablets are used in thousands of homes in Canada and always with beneficial results. They contain absolutely no opiate or other harmful drug; are mild, but sure in their action and pleasant to take. The very best medicine for all troubles of the stomach and bowels, colic, indigestion, constipation, diarrhoea and simple fever. They give relief in teething troubles, dispel worms, promote healthful sleep and cure all the minor ailments of children. Price 25 cents a box at all druggists or sent by mail post paid by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont., or Schenectady, N. Y.

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Lumbermen carry it with them in the woods for emergencies.

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BACKBITING.

The late Dr. M. D. Hoge, of Richmond, tells us of two Christian men who "fell out." One heard that the other was talking against him, and he went to him and said:

"Will you be kind enough to tell me my faults to my face that I may profit by your Christian candor, and try to get rid of them?"

"Yes, sir," replied the other, "I will do it."

They went aside, and the former said: "Before you commence telling what you think wrong in me, will you please get down with me and let us pray over it, that my eyes may be opened to see the faults as you will tell them? You lead in prayer."

It was done, and when the prayer was over, the man who sought the interview said:

"Now proceed with what you have to complain of in me."

But the other replied: "After praying over it, it looks so little that it is not worth talking about. The truth is, I feel now that in going around talking about you, I have been serving the devil myself, and I have need that you pray for me and forgive me the wrong I have done you."

Dr. Hoge tells the story very well, and here and there in almost every community is a man or woman who might profit by it.—Religious Herald.

WHAT THE SPIDER TOLD.

"I was spinning a web on a rose vine," said the spider, "and the little girl was sewing patchwork on the doorstep. Her thread knotted, and her needle broke, and her eyes were full of tears: 'I can't do it,' she cried; 'I can't! I can't!'"

"Then the mother came and told her to look at me. Every time I spun a nice thread, and tried to fasten it to a branch, the wind blew and tore it away. This happened several times, but at last I made one that did not break, and fastened it, and spun other threads to join it. Then the mother smiled."

"What a patient spider!" she said. "The little girl smiled, too, and took up her work. And when the sun went down there was a beautiful web in the rose vine, and a square of beautiful patchwork on the doorstep."—Babyland.